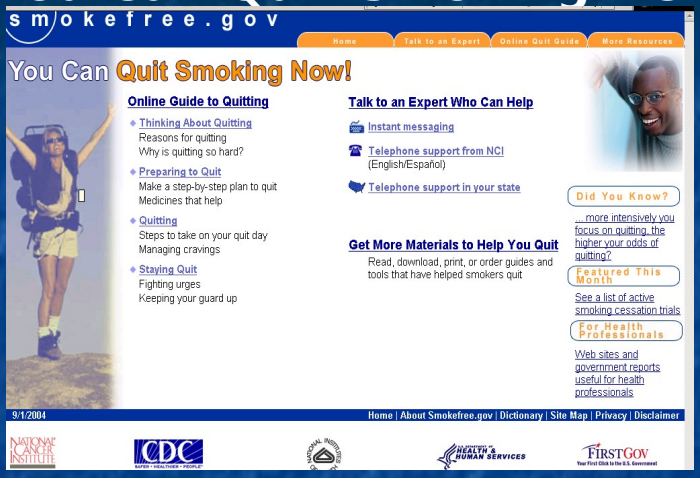
Ready To Quit Smoking?

You Can Quit Smoking NOW!


smokefree.gov
Home
Talk to an Expert
Online Quit Guide
More Resources
You Can Quit Smoking Now!
Online Guide to Quitting
Thinking About Quitting
Reasons for quitting
Why is quitting so hard?
Preparing to Quit
Make a step-by-step plan to quit
Medicines that help
Quitting
Steps to take on your quit day
Managing cravings
Staying Quit
Fighting urges
Keeping your guard up
Talk to an Expert Who Can Help
Instant messaging
Telephone support from NCI
(English/Español)
Telephone support in your state
Get More Materials to Help You Quit
Read, download, print, or order guides and tools that have helped smokers quit
Did You Know?
...more intensively you focus on quitting, the higher your odds of quitting?
Featured This Month
See a list of active smoking cessation trials
For Health Professionals
Web sites and government reports useful for health professionals
9/1/2004
Home | About Smokefree.gov | Dictionary | Site Map | Privacy | Disclaimer

www.smokefree.gov/

www.quitnet.com

QUITNET
QUIT ALL TOGETHER
MEMBER LOG IN
Forgot Password?
username
password
GO
Quit Smoking Stats: 39,029 years, $506,669,215 *
Enter as a guest
sponsor code (help?)
DON'T QUIT ALONE ®
"I have two friends quitting with me. Add QuitNet to that, and it's myself and hundreds up against the Nicodemon!"
-a QuitNet member
join the Q
Who's online?
194 people online right now
3176 anniversaries today!
Start Your FREE quit smoking support program now!
How much lifetime & money has the Nicodemon stolen from you!
On an average day, how many cigarettes do you (or did you) smoke?
(Non-smokers put "0")
How soon after you wake do you smoke your first cigarette?
-- Choose One --
Enter Zip Code :
Get Started Now!
You should stop smoking. It's the most important thing you can do to improve your health.
WHAT OUR MEMBERS SAY
bmwiss says:
Do it for yourself!
read more
Create your own quit smoking plan.
Get quitting tips and advice from expert counselors.
Get support from the QuitNet community.
Learn from our science-based smoking cessation resources.
Get help when you need it and have fun!
*Estimated savings of members since June 1997
¿ Habla Español ?
QuitNet creates tailored smoking cessation & corporate wellness programs for public & private organizations. Learn more

Freedom From Smoking Online

www.kintera.org/site/apps/kb/home/login/asp

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TREATMENT OPTIONS & SUPPORT
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ASTHMA & ALLERGY
YOUR LUNGS
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Home > Freedom From Smoking® Online
ASTHMA WALK 2004
COPD CENTER
ACT NOW LUNGACTION
GET IT THE E-NEWSLETTER
LIVING WITH LUNG DISEASE
Stories of Hope >
Freedom From Smoking® Online
Welcome to the American Lung Association's free online smoking cessation program! The American Lung Association's popular smoking cessation program has just been revamped and upgraded.
Having trouble accessing Freedom From Smoking Online? We are aware that some members of the FFS Online community have been experiencing difficulties logging in to the program. We are working to resolve these problems but we need your help. If you are someone who has experienced difficulties accessing FFS Online, please take a few moments to fill out this questionnaire. The information you provide will help us to address the problem. Thank you for your patience.
Congratulations on taking a vital step to improve your health!
Quitting smoking can evoke a lot of feelings: fear, resentment, relief, and so on. If you stay committed to the program and complete all of the assignments you have a good chance of remaining smoke-free for good. Millions of people have quit smoking and you can do it too!
Find out more about Freedom From Smoking® Online by reading the Program Overview.
How to get access to the new Freedom From Smoking® Online:
You must first have an account with this site. If you do not have one already, please click here to sign up. It's free.
Then, while logged in to your account, click here to register for Freedom From Smoking® Online.
When you have an account with the site and have registered for Freedom From Smoking Online®, please use the fields below to log in.
Login to Freedom From Smoking® Online